

# Germ + Sugar = Cavity

Babies are not born with the germs that cause cavities.

The germs are transferred to the baby's mouth by the caregivers through such activities as tasting baby's food, sharing eating utensils, kissing baby on the mouth.

The more germs transferred to the baby, the more likely the baby will develop cavities at an early age.

This is why it is so important for the caregivers to keep their mouths as clean as possible so they reduce the number of cavity-causing germs transferred to the baby.

Keeping your own mouth clean means less cavities for your baby! Brush and floss after every meal!

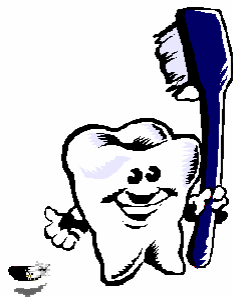
Start cleaning your baby's mouth after every feeding starting at 6 months or when the first tooth appears. Use a clean, wet washcloth to wipe the teeth and gums clean.

When food or drink with sugar is put in baby's mouth the germs eat the sugar and produce acid. The acid attacks the tooth's outer covering for 20 minutes after each sugar exposure.

The more often baby eats sugar the more often acid attacks the teeth.

This is why sugary snacks or drinks during the day is not good for baby, unless the caregiver cleans baby's teeth after each snack.

Sipping a soft drink all afternoon does more damage than drinking a large soda with a meal and then not drinking any soda for the rest of the day. It is best to drink soda with a meal since there is more saliva available to dilute the acid.



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# Tooth Anatomy

